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Dinner

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Italian Baked Chicken Meatballs

Modern Proper



8 serving



45 minutes

INGREDIENTS

- 2 lbs ripe roma tomatoes, cut in half
- 2 tbsp fresh thyme leaves
- 3 tsp salt, divided
- ½ cup olive oil, divided
- 2 lbs ground chicken
- 2 large eggs, beaten
- 1 tbsp dried fennel seed (optional)
- 1 cup parmesan cheese, finely grated
- 4 garlic cloves, minced
- 1 cup bread crumbs
- 1 bunch fresh basil, optional
- cooked pasta, for serving, optional



INSTRUCTIONS

1. Preheat oven to 450°F.
2. In a large bowl toss together tomato halves along with fresh thyme, 1 tsp of salt and 1/4 cup olive oil. Arrange tomatoes on a large baking sheet cut side up.
3. In the same bowl, use your hands to combine the ground chicken, remaining salt, eggs, fennel, parmesan cheese, garlic and bread crumbs.
4. Using your hands form uniform meatballs about 2 tbsp each. Arrange the meatballs on the same baking sheet between tomato halves.
5. Roast meatballs and tomatoes on center rack for about 30 minutes or until tomatoes begin to soften and are slightly browned. Turn heat up to 500°F and brush meatballs with olive oil. Cook for another 5 minutes.
6. Once tomatoes and meatballs are roasted toss them together with cooked spaghetti, ¼ cup of olive oil, fresh basil and freshly grated parmesan cheese.

NUTRITIONAL INFORMATION

Calories 387

Fat 28g

Protein 25g

Sugars 2g

Carbohydrates: 12g

Skinny Spinach Lasagna

Pinch of Yum



12 servings



1 hr 25 mins

INGREDIENTS

2 tablespoons butter

1 tablespoon minced garlic

2 teaspoons minced fresh thyme

6 ounces fresh spinach

2 lbs. ricotta cheese (I used 1 lb. whole milk and 1 lb. nonfat)

1 egg

1/2 teaspoon salt

1/4 teaspoon nutmeg

a squeeze of lemon juice (optional, to taste)

12 no-boil lasagna noodles

1 24 ounce jar of spaghetti or marinara sauce

2 cups shredded mozzarella cheese



INSTRUCTIONS

1. Melt the butter in a large skillet over medium heat. Add the garlic and thyme; saute for 2-3 minutes. Add the spinach; saute until just barely wilted, about 2 minutes. Remove from heat.
2. In a large bowl, combine the ricotta, egg, salt, nutmeg, and a squeeze of lemon juice. Add the spinach and stir to combine. Transfer some of the mixture to a food processor and pulse a few times to break up some of the spinach pieces (totally optional, but makes for a really nice texture).
3. Preheat the oven to 375 degrees. Spread a little bit of tomato sauce in the bottom of a 9x13 pan. Layer with 3 lasagna noodles, 1/3 of the spinach mixture, 1/4 of the tomato sauce, and 1/4 of the cheese. Repeat and pour 1/2 cup water over the two layers. Repeat once more, ending with noodles, sauce, and cheese. Pour 1/2 cup water over the whole thing again and cover tightly with oiled foil.
4. Bake for 30-40 minutes; when the liquid is bubbling and the noodles have softened, remove the foil and bake uncovered for 10 more minutes. Let stand for 10-15 minutes before serving so that the lasagna noodles can soak up all the extra moisture.

NUTRITIONAL INFORMATION

Calories 326

Fat 17.6g

Protein 17.4g

Sugars 3.8g

Carbohydrates: 24.4g

Antipasto Salad

Modern Proper



6 servings



15 minutes

INGREDIENTS

Creamy Parmesan Lemon Dressing

- 1/2 cup mayonnaise
- 2 tablespoons lemon juice, plus more as needed
- 1 tablespoon extra-virgin olive oil
- 1/3 cup freshly grated Parmesan cheese
- 2 garlic cloves, minced or grated
- 1 teaspoon Dijon mustard
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Kosher salt
- freshly cracked black pepper

Salad

- 1 large head of romaine lettuce, chopped
- 1 (12-ounce) jar artichoke hearts, drained and quartered
- 8 ounces small fresh mozzarella cheese balls, cut in half
- 1 (6-ounce) jar roasted red peppers, drained and chopped
- 4 ounces salami and/or pepperoni, cut into thin strips
- 3/4 cup mixed olives, halved and pitted
- 1/2 cup pepperoncini peppers, thinly sliced
- 1/4 small red onion, thinly sliced
- 15 fresh basil leaves, ribboned, for serving



INSTRUCTIONS

1. Make the dressing. In a small bowl, combine the mayonnaise, lemon juice, olive oil, Parmesan, garlic, mustard, Italian seasoning, garlic powder, and onion powder. Season with salt and pepper. Whisk together to combine well. Taste and adjust seasonings as desired.
2. Make the salad. In a large serving bowl, combine the romaine, olives, salami, red peppers, mozzarella, artichoke hearts, pepperoncinis and red onion. Toss to mix.
3. Drizzle the desired amount of dressing over the salad and toss to coat. Garnish with basil and serve.

NUTRITIONAL INFORMATION

Calories 379

Fat 30g

Protein 15g

Sugars 4g

Carbohydrates: 13g

Sausage & Arugula Pita Pizza

Clean Eating Mag



4 serving



15 minutes

INGREDIENTS

4 whole-grain pitas (about 7-inch diameter)

3/4 cup unsalted tomato sauce

1 cup whole-milk ricotta cheese

2 oz grated mozzarella cheese

2 all-natural Italian-style cooked chicken sausages, thinly sliced

2 cups baby arugula leaves



INSTRUCTIONS

1. Arrange a rack in center of oven, about 8 inches away from top heat source, and preheat broiler to high. (TIME-SAVING TIP: Turn on the broiler before doing any other prep so that it's ready when you are.) On each pita, spread 3 tbsp tomato sauce all the way to the edges. Top evenly with dollops of ricotta, mozzarella, sausage and arugula.
2. Place pita pizzas on a large rimmed baking sheet and broil until sausage is heated through and mozzarella is lightly browned, 5 to 7 minutes, reversing position of baking sheet about halfway through.

NUTRITIONAL INFORMATION

Calories 291

Fat 17g

Protein 24.5g

Sugars 2.5g

Carbohydrates: 19g

Hearty Italian Meatball Soup

Two Peas & Their Pod



4 servings



20 minutes

INGREDIENTS

- 1 lb ground beef
- 2 medium eggs or 1 extra-large egg
- ¼ cup bread crumbs
- ½ cup finely grated Parmesan cheese
- Salt and ground black pepper to taste
- ½ Tbsp olive oil
- 1 onion, chopped
- 2 carrots, peeled and chopped
- 2 ribs celery, chopped
- 8 cups low-sodium chicken stock
- 1 head escarole, chopped into bite-size pieces
- ¾ cup small pasta, like orzo, pastina, or spaghetti broken into ½-inch pieces



INSTRUCTIONS

1. Combine the beef with the eggs, bread crumbs, cheese, and good-size pinches of salt and pepper in a mixing bowl.
2. Being careful not to overwork the mixture, lightly form it into meatballs roughly ¾-inch in diameter, a bit smaller than a golf ball.
3. Heat the olive oil in a large pot over medium-high heat.
4. Add the onion, carrots, and celery and sauté until the vegetables have softened, about 5 minutes.
5. Add the stock and the escarole and bring the soup to a simmer.
6. Turn the heat down to low and add the meatballs and pasta.
7. Simmer for another 8 to 10 minutes, until the meatballs are cooked through and the pasta is al dente.
8. Taste and adjust the seasoning with salt and pepper.
9. Serve the soup with extra cheese on top.

NUTRITIONAL INFORMATION

Calories 333

Fat 14g